



The World's Finest!

BUMBLE BEE

COLUMBIA RIVER

FANCY

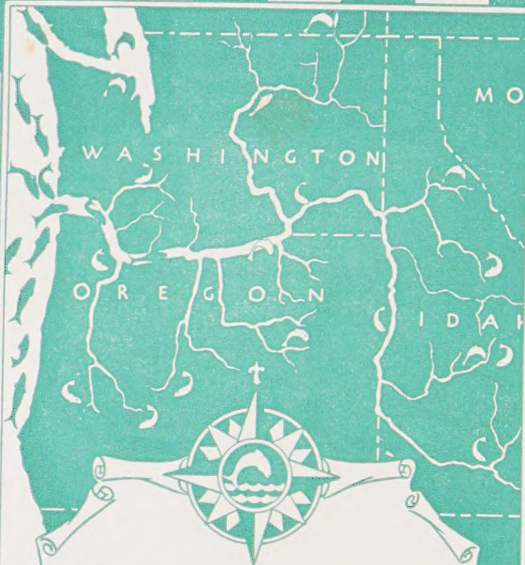
Salmon

SO GOOD YOU EAT IT RIGHT OUT OF THE CAN

*The
Love Story
of King*

CHINOOK

AND SELECTED SEAFOOD RECIPES



The Columbia River is the second greatest watershed in North America and is the home of King Chinook. This is the authentic geographical and biological story of the Columbia River Chinook Salmon and an explanation of the reasons for the unexcelled eating qualities of this aristocrat of fish.



HEN Leander swam the Hellespont to visit Hero, he established a classic record of courage and physical stamina, as well as an enduring example of a great love.

But in the waters of the North Pacific there lives a famous fish whose love drama is greater than Leander's. King Chinook swims a thousand miles against swift currents to meet his mate.

Of all the fish that swim the sea, one of the most beautiful, symmetrical, clean living fish is the salmon. The finest salmon are those in the Pacific Ocean off the coasts of Oregon, Washington, British Columbia and Alaska. Of these the greatest



is the King Chinook, and the King Chinook of the mighty Columbia River is acknowledged the highest development of this great species.

This is the true story of King Chinook and his epic love drama.

Look at your map of the Pacific Northwest and trace the Columbia River from its mouth at Astoria, Oregon, to its many sources. Fifteen hundred miles from Astoria the Columbia begins in a clear mountain lake in Canada, fed by eternal snows, from a vast mountain wilderness, much of it untrod by man. Another great tributary, the Snake, arises in the high summits of the Rocky Mountains in Yellowstone Park. Hundreds of lesser tributaries, many of them great roaring torrents of rivers which run bank full the year round, feed the Columbia. All of them are clear, wholesome streams. Together they comprise the second greatest watershed on the North American continent, exceeded in size only by the Mississippi.

* * * * *



In the spring, when the vine maples and alders and firs and pines begin to bud, and the icy waters warm a little, there is a movement in the shallow gravel bar of one of the myriad mountain streams of this great watershed. A pink colored egg which was lightly buried in the creek bed the previous autumn begins to move. The strong skin covering of this egg gives way and a tiny tail emerges. Then a nose pops out the other side and we see a little fish begin to move under his own power, as yet more egg than fish. In a few days the egg is absorbed and we see a clean-limbed little fellow, a perfect miniature fish, begin to wander around in the shallows. He is hungry and finds dainty food clinging to the pebbles.

This little fellow is the baby King Chinook—and how he grows! He *has* to grow and grow fast, for in four short years he is destined to reach the statehood of a full grown King Chinook salmon. He will measure from 2 to 4 feet in length, and will weigh from 20 to 75 pounds—perhaps as much as 80 or 90 pounds.

Soon our baby Chinook is wandering farther afield, feeding. In repose he always heads upstream



swimming gently in the face of the swift current. As he grows larger he lets himself drift backward downstream into deeper water, turning his back to the current only to swim downward through the still pools. He yearns for larger fields and deeper pools and broader waters. By fall he has gone downstream hundreds of miles. The last 200 miles of the big river is quite smooth, but swift and clear. It gets wider, deeper, more still. An ominous calm is on its waters. A hundred miles from the ocean our baby Chinook begins to feel the swell of tides—lightly at first, then more pronounced as he nears the ocean. Not until he comes almost to the bar at the mouth of the Columbia does he feel the thrill of cold salt water through his gills. He plunges on and is in the great Pacific Ocean itself.

Swimming along with him are thousands of his fellows—many born on the same gravel bar of the same mountain stream; many thousands of others from other streams. Together they enter the ocean where for almost four years



they will seek the submarine feeding banks where luscious vegetable marine life flourishes. He will learn to feed on shrimps, smelt and other tasty morsels of ocean life, rich in vitamins, iodine, salts and mineral food value. Terrors of the deep beset him, too. He sees a less alert companion snapped in two by a seal. A sea lion almost gets him. He preys and is preyed upon. But he was born with a quick brain, a strong lithe body, and an instinct for self-preservation which has brought him safely down the great river, through innumerable enemies which were as real to him in babyhood as are these monsters of the deep now that he is in his young manhood.

Not knowing why or for what, our young King Chinook is preparing himself for the great drama of his life. He is a big, strong, full bodied fish. Nearly four years old, and spring is in the air again. Other springs have come and gone unheeded. But this time something calls and he listens. He remembers the gravel bar in the little mountain stream many hundreds of miles—perhaps more than a thousand miles away. He decides to go back—*and to the very stream and spot where he was born.*



Science has established the facts of the strange tale we will now relate. It is not guesswork. It is romance, but true romance. We do not know *why* but we know that it *is*. Our King Chinook plans his trip. Deliberately, with an intelligence of his own, or inspired by an urge or instinct bigger than himself, we can only guess, but we do know that he plans it because he, in common with his kind, always starts in time to arrive at the "old home stream" in late August or early September. He will travel through hundreds of miles of ocean water and find the mouth of the Columbia—not the mouth of any one of scores of other rivers. After he enters the Columbia and fresh water he will not eat again. Therefore, he must plan not only as to time, to allow himself to arrive on schedule, but he must also plan as to food, because every bit of strength he uses will be carried with him in the form of food he has eaten in the ocean and assimilated into his mighty muscles and tissues. Some of his companions who were born nearer the ocean can start their journey later because they have not so far to go. All plan to arrive at the same season. Those who have



lesser distances to go not only can start later, but they need not carry such rich cargoes of assimilated foods—they do not need to be in such perfect condition. This is the scientific reason for the superior quality of the Columbia River spring Chinook. He is the richest meated, finest flavored fish because he is the strongest fish. He is the strongest fish because he has the hardest journey before him, and knows enough to be fit for it. Salmon taken at the mouth of the Columbia in early spring are those which are setting out on the longest journeys.

Thus, because it is by far the longest river, with the swiftest waters of all the salmon streams, the Columbia River King Chinook is of necessity a stronger, different type of fish. His flesh ripples in layers of clearly defined strong-fibred muscles. Instead of the bright red crumbly flesh of his Alaska brothers, his flesh is in layers an eighth of an inch or more in thickness, like the growth-rings of a giant fir tree, and is a true salmon color. No other stream produces such salmon because no other stream demands such a powerful fellow for its navigation.



By the last of March our King Chinook is "laying to" off the mouth of the Columbia, preening himself and putting the finishing touches on his condition for his long river voyage. A few weeks later he plunges into the river. Others join him. Hundreds of thousands of other Chinook have the same urge as he to return to the place of birth. The vast cavalcade moves into the river. The migration is on. Last year a similar migration went upstream. They never came back. Instead, a much larger number of baby Chinooks came down and went into the ocean. Next year another vast army will move upstream as surely as spring comes. It was so more than a hundred years ago when John Jacob Astor founded Astoria. It will probably be so a hundred years hence. What tragedy is this that repeats itself each year when millions of great fish journey to their birthplace, never to return, and the next year tens of millions of baby Chinooks come down the river to the ocean to take their place? Let us see.



A few miles inside the bar at the mouth of the river, the army moves onward. King Chinook is a little to one side of the main column of march. He sees the column hesitate - the leaders fall back. What is the confusion--he turns to see. Something is wrong. Hundreds of his comrades are threshing the water. They try to go forward but something stops them. They try to back up but become more confused. What is this innocent looking mesh into which they have swum and which has fastened itself onto their gills? King Chinook doesn't know, but he knows that many of his fellows are held fast and cannot move far forward or back. He swims around it and onward upstream. Here is another confused and threshing throng of Chinooks--as good fish as he. Never before has he met an enemy like this. He gives each succeeding net as wide a berth as he can. Dodging, swimming, for five miles--ten miles--he eludes a dozen nets. Then he sees them less frequently. He finds himself with still a large number of his fellows.

As King Chinook swims steadily onward, his companions become fewer and farther apart. But



still he is not lonely. There are yet thousands of salmon on the big track. A few hundred miles up river he comes to the first Cascades. He plunges up this cataract and plows through it easily, glorying in his abundant strength. Fifty miles more he comes to Celilo Falls. Here is a real jump and a tough climb. Power boats can get past this point as well as the first Cascades only through a series of locks which cost millions of dollars to build. But King Chinook takes the swift water as it serves and plows ahead. At Celilo Falls, however, he has another narrow escape. Indians' Here are a dozen of them with long, sharp poles, waiting in ambush for him. He sees a comrade speared right at his very side and tossed out on the rocky shore. These Indians know how to spear fish. Their fathers and their fathers' fathers for many generations have lived in a village at this spot. The government allows them to continue the spearing of salmon. It is their principal food, and from May until September they lay in their winter's supply of Chinook salmon.

Above Celilo, King Chinook travels hundreds of weary miles, unprotected. Passing him and



passed by him are other Chinooks. He begins to look them over. He is looking for his mate. By what instinct he finally selects her, we do not know. Whether she, too, is a girl from his old home stream or merely from a neighboring stream we do not know. But the King is getting tired of traveling alone, and he is getting thin. Just try swimming 500 miles without eating and see what it does to *your* waistline. His cheeks are sunken. His jaws have taken on a vicious, haggard look. He looks less like a sleek lover, but he has a determined, dogged, not-to-be-denied air about him. In such a frame of mind, he swims alongside a shapely queen. He follows her. He draws closer to her side. They nudge each other and travel **on together.**

How King Chinook swims with his mate unerringly to the very tributary from which he drifted down three years ago last spring, we do not know. It is now the middle of August, and he has been in the river since the first of May. Three and a half months -- more than a hundred days not merely of fasting, but days of strenuous



travel. The journey end is near. Wearily they swim up the swift and ever smaller mountain stream. Other branches are constantly emptying into it. They select one of these branch streams — *the right one*. Just before daybreak two hungry bears dip into the water with their paws and shovel out a pair of salmon just behind our King Chinook and his queen. Another narrow escape! And now, just around the next bend — beyond that little pool, is a familiar gravel bar. King Chinook gently steers his mate to this bar. He selects a spot and with a few vigorous strokes of his tail excavates a shallow trench in the gravel — a trench perhaps 14 inches long, 4 inches wide, and 2 or 3 inches deep. His mate moves over this shallow trench and hovers there while he stands guard. She deposits a nest full of bright pink eggs, each about the size of a pea. He pushes her gently aside, hovers over the eggs and fertilizes them. Then with his tail he flips loose gravel over the nest of eggs, covering them carefully from the hungry trout and crawfish.

* * * * *

Their work is finished. The high purpose which



bouyed them up is now achieved. Again the thoughts of King Chinook and his queen can turn to themselves, their own interests, their personal needs, and they find the situation desperate indeed. Two large, gaunt fish in a little brook so much too small for them that their backs are out of water most of the time. Never since babyhood has King Chinook been a fresh water feeder. Now perhaps he would be but there is no feed and if there were he has no strength to get it. They remember the ocean, with its succulent food and revitalizing waters. To journey back is the only thing to do, but it is such a long trip, and they are so very, very tired. The great sleep is stealing over them and, with no purpose in life to inspire them to fight it off, they linger on in the little brook.

* * * * *

The chill of autumn is in the air. Winter rains have begun. The stream is swelled to larger size, but no King Chinook salmon takes advantage of the stronger current to drift back to the ocean. The higher waters came too late, for there beside the pool of his birth, sunk against the bottom, lies the whitening remains of King Chinook and

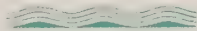
nearby those of his mate. But even in death they are carrying on their creative work. They are still at the service of the little fellows who will come forth from the pink eggs for which so great a sacrifice was made. For their flesh is slowly disintegrating in the clear mountain water and particles of it cling to the pebbles. It will become the tender tid-bits from which the newly hatched baby Chinooks will first find nourishment.

Royal King Chinook Salmon, taken at the mouth of the Columbia River, fresh from the ocean, are the finest salmon in the world. No other salmon compares with them in flavor, in texture of their firm, tender flesh, in the richness of their oil, in nutritious food value, or in natural salmon color. By far the largest and best equipped packer of this wonderful fish is the Columbia River Packers Association, Inc. Conservation measures instigated by the industry itself almost a half century ago have resulted in the maintenance of this great natural resource at a high level. Artificial propagation methods, practiced in mod-



ern fish hatcheries, have not only resulted in improved strains of salmon for only the largest and best quality males are used for egg fertilization, but through lessened mortality in egg and fry stages, have been able to offset inroads on the salmon runs resulting from the encroachment of civilization and its accompanying disturbances of nature's provisions for the natural spawning of these fine fish.

This great food resource, however, is definitely menaced by plans for the construction of high multiple purpose dams across the main thread of the Columbia River and its principal tributary the Snake River. One such dam is already under construction (McNary Dam). More than a dozen others are projected and four dams on the Lower Snake River have been authorized by Congress, although to date no appropriations have been made for their construction. Other dams planned for this Columbia River basin area are so located as not to be harmful to the salmon runs. Navigation interests are the principal backers of the dams which would destroy this resource. They want the taxpayers of the country to spend hun-



hundreds of millions of dollars to build a river highway for them, a highway toward which they would not make one cent's direct contribution, either for building or maintenance.

If we are to preserve this wonderful natural resource for the people of our country a fight must be initiated immediately against this dam building mania. Write to your Congressman urging them to oppose the destruction of this fine food resource. Tell them not to be deceived by propaganda to the effect that we can have the dams and salmon too. Every competent fishery biologist who has examined this problem says that it cannot be done. If you are interested and want further information in this matter write to the Columbia Basin Fisheries Development Association, P.O. Box 60, Astoria, Oregon.

Now a personal invitation and a final word. This is your invitation to come to Oregon and to visit the plant where Columbia River Fancy Chinook Salmon is packed for you. Step to the dock where a power boat has just



made fast with a load of freshly caught Chinooks. See them brought into the cannery and cleaned more thoroughly than you would do it yourself, in a running trough of pure cold mountain water, cut scientifically by experts and placed in cans by wholesome American girls, salted, sealed under vacuum, and pressure cooked. The cannery workers wear freshly laundered uniform garments, white rubber boots and white rubber aprons. The plant is sweet and pure and clean. To visit it will give you an appetite for this most delicious of all sea foods.



Fancy Columbia River Chinook

... the Aristocrat of All Salmon

Of all the salmon packed, Columbia River Chinook, admittedly the choicest salmon in the world, is less than 10 per cent of the pack. Less than half the salmon packed on the Columbia River can ever qualify for the brands packed by the Columbia River Packers Association, Inc. No other fish is so fine to start with, none other receives such meticulous care from the moment it is caught in the swift, cold waters of the Columbia until it comes to you, a delicious, thorough morsel of sea food—rich, tasty, wholesome, and abounding in food value.

Columbia River Chinook Salmon contains no added oil or a delicate, delicious flavor, rich in food value, and is pressure cooked to a queen's taste, in its own natural oil. It is therefore a natural food product. Nothing is taken away from the natural flesh of the salmon.

The Columbia River Packers Association, Inc. packs and distributes not only the very fanciest grade of Columbia River Chinook Salmon under the Bumble Bee Brand, but also Swift Water Choice Chinook Salmon and Beacon Standard Chinook Salmon. Careful grading in our plant assures uniform quality.

As an economy in buying we recommend the Swift Water and Beacon Brands for cooked dishes and certain salads where top color and the ultimate in richness are not necessary. Of course, if you are a gourmet who prefers salmon just as it comes from the can—then by all means buy Bumble Bee Brand.

*** Laboratory Facts Prove Chinook Superiority**

Name	Total Solids	Food Value Per lb.	Fat	Protein (NX6.25)	Ash (Inorganic Matter)
	Percent	Calories	Percent	Percent	Percent
Pacific Salmon					
CHINOOK.....	36.83	991	15.12	17.67	1.21
Sockeye.....	35.22	860	11.22	20.80	1.23
Coho.....	32.51	750	8.49	21.08	1.24
Pink.....	30.20	696	6.99	21.40	.76
Chum.....	29.96	524	6.69	20.67	1.02
Pacific Steelhead	33.16	792	8.95	21.32	1.21
Atlantic Salmon	35.70	920	12.49	21.14	1.22

*U.S. Bureau of Fisheries Document No. 1000.

Rich in vitamins A and D.

BUMBLE BEE BRAND
Fancy Red Alaska Sockeye Salmon



Caught in the Bering Sea and packed in our modern Alaska canneries, this textured Bumble Bee Brand Fancy Red Alaska Sockeye Salmon comes to you in the generous 1-lb. tall can. Popular, versatile and rich in nutritive values, Red Alaska Sockeye Salmon is at its best under the Bumble Bee Brand.

Appetizing Ways to Serve
Bumble Bee Brand
Fancy Sea Foods

If you have read "The Love Story of King Chinook," you understand the biological reason why no other salmon is like Columbia River Chinook Salmon. To enjoy real salmon flavor, accept no substitute.



"King Chinook selects a spot and with a few vigorous strokes of his tail excavates a shallow trench in the gravel. His mate moves over this shallow trench and hovers there . . .

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FANCY CHINOOK SALMON BROILER MEAL

Three cans of Fancy Chinook salmon
make a big meal for 8 to 10 diners.

FANCY CHINOOK SALMON BROILER MEAL

Remove Fancy Chinook salmon carefully from can to broiler or flat greased pan. Brush Fancy Chinook salmon with melted butter or other fat. Cut cooked potatoes in $1\frac{1}{2}$ inch slices, brush well with melted butter and salt lightly. Brush cooked carrots or asparagus tips with butter. Place around Fancy Chinook salmon. Or cut medium size tomatoes in half, brush with melted butter. Put all under broiler, having salmon about $2\frac{1}{2}$ inches from source of heat. Broil for about 20 minutes or until hot through and potatoes are lightly browned. Remove carefully to platter and serve with wedges of lemon.

Planked Fancy Chinook Salmon

Garnish edge of well greased plank or oven proof platter with mashed potatoes. Adding 1 egg to each 3 cups of potatoes will give a nicer color to finished dish. Pipe edge of plank with potatoes put through pastry tube or spoon potatoes onto edge of plank. Place canned Fancy Chinook salmon in center of plank and broil as for broiler meal. Before serving fill in space between salmon and potatoes with buttered peas and carrots. Garnish with lemon wedges, parsley and tomato wedges.



FANCY CHINOOK SALMON MOILED SALAD

1 package (1 1/2 ounces) unflavored gelatin.

8 SERVINGS (1 1/2 CUPS EACH)

3 tablespoons lemon juice.
1 teaspoon salt.

1 pound (4 OZ) FRESH

Chinook salmon

1 large peeled cucumber
cucumber

1 teaspoon onion juice

FANCY CHINOOK SALMON MOLDED SALAD

Dissolve gelatin in hot water and add seasonings. Chill until syrupy, then fold in Fancy Chinook salmon that has been flaked and celery or cucumber. If desired, pour $\frac{1}{4}$ cup of gelatin mixture into mold before adding salmon and seasonings. Into this plain gelatin put sliced stuffed olives or pieces of sweet pickle or pimiento to garnish mold. Allow to set until firm and put remainder of mixture on top. Chill until firm.

Cottage Cheese Chinook Salmon Salad

Use 1 cup of water in which to dissolve gelatin. Add seasonings and chill until syrupy. Add $1\frac{1}{2}$ cups cottage cheese and remaining ingredients. Pour into mold or molds, chill until firm.

Fancy Chinook Salad Mousse

Use 1 cup of water in which to dissolve gelatin. Add seasonings and chill until syrupy. Fold in $\frac{1}{2}$ cup mayonnaise and $\frac{1}{4}$ cup sliced green or ripe olives. Add flaked salmon and celery, cucumber or chopped cabbage.



FANCY CHINOOK NOODLE RING

3 cups cooked noodles.

1½ cups milk.

3 eggs.

Salt and pepper.

3 tbsp. minced onion.
pepper, ½ tina.

2 cups medium thick
white sauce

2 teaspoons lemon juice

1 teaspoon dry mustard

¼ pound canned salmon.
Fancy Chinook salmon.

FANCY CHINOOK NOODLE RING

Put drained cooked noodles into very well greased ring mold. Combine milk with slightly beaten eggs, salt, pepper and green pepper. Pour over noodles and bake in moderately slow oven, 325 degrees, for about 45 minutes or until mixture is firm. Remove from oven and let stand for 2 or 3 minutes, run knife around edges and unmold onto heated chop platter. Fill center of ring with Fancy Chinook salmon in deviled sauce. To make add lemon juice, mustard, and salmon to white sauce, heated in double boiler.

Fancy Chinook in a la King Sauce

Use 2 cups of medium thick white sauce (4 tablespoons butter, 4 tablespoons flour, 2 cups milk, salt and pepper). Add 1/2 cup mushrooms and 4 tablespoons minced pimiento. Or use mushroom soup the consistency of medium thick white sauce and add mushrooms and pimiento. Fold in 1/2 pound can of flaked Fancy Chinook salmon. Serve on toast, in patty shells, with cooked noodles, macaroni, spaghetti, or with noodle or rice ring.



FANCY CHINOOK SALMON PIE

2 1/2 lbs. cans Borden's Boy
 Fancy Chinook salmon
 4 tablespoons butter
 4 tablespoons milk
 2 cups milk.

Salt and 1/2 pepper
 1 tsp. prepared mustard
 1 tsp. minced onion
 1 cup cooked peas
 1/2 recipe for biscuits

FANCY CHINOOK SALMON PIE

Flake Fancy Chinook salmon in large pieces.
Melt butter and blend with flour, add milk
and seasonings. Stir and cook until thick.
Add salmon and peas. Pour into casserole or
baking dish and top with small biscuits using
 $\frac{1}{2}$ the recipe or 1 cup flour as the base. Bake
in moderate oven, 375 degrees, for about 45
minutes or until biscuits are done. Serves 4.

Variations

Or use short pie crust for topping pie. Bake
in hot oven, 450 degrees, for 15 minutes then
reduce temperature to moderate, 350 degrees,
for 30 minutes longer.

Or top mixture with 2 cups of leftover
mashed potatoes and bake in moderate oven,
375 degrees, until potato is browned on top,
about 35 minutes.



FANCY CHICKEN SALAD BOWL

½-lb. can Bumble Bee

Shredded Chicken

1 small head of lettuce

1 cup chopped celery.

Salt.

2 tsp. lemon juice

or 1/2 cup lemon juice

1/2 cup Thousand Island dressing

Thousand Island
dressing

FANCY CHINOOK SALAD BOWL

Flake Chinook salmon rather coarsely. Shred lettuce or tear off small pieces of lettuce and place in salad bowl. Rubbing the salad bowl with garlic before using will add flavor to salad. Add salmon and other ingredients and toss lightly before serving. All ingredients should be well chilled before combining. Serve 4 to 6. Especially good for Sunday night supper or late evening supper with hot buttered French bread.

Variation to Salad Bowl

If you wish, use 3 cups shredded cabbage instead of lettuce and celery, use asparagus tips or cooked carrot strips instead of peas. Or use a little of each of these ingredients. For flavoring add any or all of these: 1 or 2 chopped hard cooked eggs, 1/4 cup chopped sweet pickle, 3 tablespoons minced pimiento, 3 tablespoons chopped green pepper, wedges of peeled tomatoes, slices of cucumber, chopped green or ripe olives.



FANCY CHINOOK SALMON SOUFFLE

3 tablespoons butter,
3 tablespoons flour,
1 cup milk,
dash of cayenne or
tabasco sauce.

3 eggs
12 lb. can Bumble Bee
Fancy Chinook salmon
1/4 teaspoon salt

FANCY CHINOOK SALMON SOUFFLE

Melt butter and blend with flour. Add milk and seasonings and stir until thick. Cool and beat in egg yolks, one at a time. Flake Fancy Chinook salmon and fold into sauce. Beat egg whites until stiff and fold into salmon and sauce. Pour into 2 quart casserole. Bake in moderately slow oven, 325 degrees, for about 45 minutes or until souffle is firm to the touch. Serve with egg, mushroom, tomato or rich white sauce. Serves 4 to 6.

Fancy Chinook Vegetable Souffle

Before pouring souffle mixture into casserole arrange 12 cooked asparagus tips, or 1½ cups cooked peas, or 1½ cups cooked carrots, or 1½ cups cooked celery in bottom of casserole. Pour souffle mixture over top and bake about 50 minutes. This with a vegetable salad bowl, bread and butter and a fruit dessert will make a delightful meal.

FRIED SHAD ROE

Sprinkle roe with lemon juice, salt and pepper. Roll in soft bread or cracker crumbs. Dip in 1 egg beaten with 2 tablespoons water, and again in corn meal or cracker crumbs. Fry in deep fat at 350 degrees or saute in oil 2 tablespoons butter until edges brown.

Crab Meat Recipes

CRAB CREOLE

Large Dressed Red Shad
1/4 lb. meat

1 medium onion
diced.

1/2 lb. butter or margarine

2 cups lemon catfish

Salt and pepper

Worcestershire sauce.

Make butter and pork grease to 10. saute onion 10 minutes. Cook 10 minutes more until onion is done. Add pork meat. Mix well. Put remaining hot fat mixture in sauce with salt, pepper, parsley and Worcestershire sauce. Add onion mixture and mix all together. Cook with very ground flound or sea bream 10 minutes and heat by raising 350 degrees more. Sauté shrimp or fish in same butter and onion mixture.

CRAB COCKTAIL

- | | |
|---------------------------|----------------------------|
| 3 tablespoons lemon juice | 1 can asparagus tips |
| 3 tablespoons salad oil | 1/2 lb. can. or Bumble Bee |
| 1/4 teaspoon salt | Brand crab meat |
| 1/2 teaspoon paprika | Mayonnaise and paprika |

Mix lemon juice, salad oil, salt, and paprika. Drain liquid from asparagus tips. Top one at a time in dressing. Arrange 5 stalks inside of cocktail glasses. Mix crab meat with remaining dressing and place on asparagus. Top with mayonnaise and sprinkle with paprika.

SERVE COLD.

CRAB MEAT SALAD

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|------------------------|--------------------------|
| 1 cup Bumble Bee Brand | 6 small tomatoes, peeled |
| crab meat | Chilled and quartered |
| 1/2 cup celery, cut in | Mayonnaise and lettuce |
| small pieces. | |

Mix crab meat, celery and tomatoes with mayonnaise. Arrange on lettuce, and garnish. (Tomatoes may be omitted.)

CRAB DELICIOUS

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|---------------------------|-----------------------|
| 1 cup light cream | 2 cup melted butter |
| 1 cup boiled rice. | or margarine. |
| Salt and paprika to taste | Kelley's dressing |
| 1 cup (about) Bumble Bee | Patty shells or toast |
| crab meat. | |

Heat cream and cooked rice together. Boil up in double boiler with hot water. Season in butter, adding cream or parsley, salt, if preferred, or paprika. When nearly done, add dressing, salt to the taste, meat and lettuce. Heat enough and put lettuce mixture on in double boiler. Immediately remove as soon as it becomes hot. Do not let it boil.

Serve it with a little dressing and patty shells. Serving 4.

SPANISH CRABMEAT

1 lb. butter or
margarine.
1 cup sugar, very
finely
divided.
2 eggs, beaten.
1 cup crushed or finely
ground
paprika.
½ tsp. salt.

1 egg, beaten.
1 cup ground meat
Salt and pepper
1 cup Breadcrumbs
Cooking oil
Toasted bread

Tuna Recipes

TUNA STUFFED PEPPERS

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|------------------------------|---------------------------------|
| 4 large green peppers | 1/2 teaspoon salt |
| 2 cups diced cooked potatoes | 1 teaspoon pepper |
| 1 7-oz. can Bonito Broth | 1/2 teaspoon celery seed |
| 1 tomato, 1 cup | 1 cup evaporated milk |
| 1 tablespoon butter | 1/2 cup bread crumbs |
| 1 tablespoon flour | 1/2 cup grated processed cheese |

Prep. peppers, cut off tops and remove seeds. Cook in boiling water 10 minutes. Drain, combine potatoes and tuna bonito, celery seeds. Melt butter and pour salt, pepper, and celery seeds. Stir until smooth. Add milk gradually, while stirring and cook until thickened. Add the potato and tuna mixture and blend. Fill peppers with mixture and top with bread crumbs combined with cheese. Bake in a 350 degree F oven for 45 minutes.

TUNA FISH FONDUE

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|--------------------------------|---------------------------|
| 2 slices bread, cubed | 2 cups milk |
| 1 7-oz. can Bonito Broth | 1/2 teaspoon ground onion |
| 100g milk, 1/2 cups | 1 teaspoon salt |
| 1/2 cup ground American cheese | 1/2 tsp paprika |
| 3 eggs. | |

Cover bottom of greased casserole with half of bread cubes. Cover with cubed cheese only. Sprinkle with cheese. Add remaining bread cubes. Beat eggs, add milk, onion, salt, and paprika. Pour over top of the mixture. Bake in a moderate oven at 325 degrees F. for one hour. Garnish with water cress. (Serves 5).

TUNA FISH SALAD

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|--------------------------------------|--|
| 1 7 oz. can Bumble Bee
tuna fish. | 3 tablespoons chopped
green pepper. |
| 1/2 cups diced celery. | 1/2 teaspoon salt. |
| 1 cup cold boiled rice. | 4 or 5 tablespoons
mayonnaise. |
| 1 tablespoon lemon juice. | |

Drain and flake tuna fish, add all ingredients, mix well. Chill thoroughly and serve on crisp lettuce. Garnish with tomato, ripe olives and water cross if so desired. (4 servings.)

TUNA SCALLOP

- | | |
|--------------------------------------|----------------------------------|
| 6 medium potatoes sliced | 1 cup cream mushrooms |
| 1 7 oz. can Bumble Bee
tuna fish. | salt, pepper. |
| 1 cup chopped tomatoes | 2 tbsps. butter or
margarine. |
| 1 cup chopped onion. | 1 tsp. flour. |
| 1 cup grated American
cheese. | 1 cup milk. |
| | 1/2 cup bread crumbs. |

Alternate layers potatoes, tuna, potatoes, tomato, cheese and mushrooms in greased 1 1/2 quart casserole. Season each layer. Dot with butter. Blend flour and milk. Pour over top with contents. Bake in moderate oven (350 degrees F.) until potatoes are tender. (About 1 hour.)



1. In a large bowl, combine the cucumbers, tomatoes, and other vegetables. Add the dressing and toss well. Garnish with fresh herbs and serve.

2. In a large bowl, combine the cucumbers, tomatoes, and other vegetables. Add the dressing and toss well. Garnish with fresh herbs and serve.

Bumble Bee Brand Fancy Shad Roe

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THE COCKTAIL HOUR



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T. F. SANDOZ, *President.*

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